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The Executive Committee of Moyola Park F.C. would like to take this opportunity to congratulate Castledawson Crusaders and their manager, Derby Rankin, Jr., on winning the 1984 South Derry Summer Cup.

Welcome



to
**BOLTON
WANDERERS
F.C.**

From **J. J. DONNELLY**

Chairman **MOYOLA PARK F.C.**

It is a great pleasure for me as Chairman of Moyola Park F.C. to extend a most cordial welcome to the officials and players of Bolton Wanderers Football Club, on this unique occasion of the Lancashire Club's visit for a pre-season friendly game. The officials and players of Moyola Park are indeed delighted that this famous Football League Club with its historic tradition has been able to include a visit to Castledawson during this pre-season tour of Northern Ireland.

I hope that our visitors will take away with them many happy memories of their visit to N. Ireland and particularly their short stay in Castledawson for tonight's game, which will be their only one in the jurisdiction of the North-West of Ireland Football Association.

I would also like to take this opportunity to wish Bolton Wanderers F.C. every success for the forthcoming season.



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Bolton Wanderers F.C.

- A Look back!

By Robert Fenton, 'Belfast Telegraph'.

Moyola Park will always have their niche in Irish soccer history as the original Irish Cup winners but to-night, they help break new ground for the Intermediate League in playing hosts to an English League side, namely Third Division's Bolton Wanderers.

Nicknamed 'the Trotters', Bolton have had their moments down the years particularly at Wembley where they won the FA Cup in 1923, 1926, 1929 and 1958.

That last win will be particularly poignant for Co. Derry fans as it was then that Wanderers beat a decimated Manchester United side following the Munich air disaster. In goal for United was none other than Coleraine-born Harry Gregg, who of course had to be carried off after being shoulder-charged into the net by Nat Lofthouse for Bolton's second goal - something that would not be allowed today.

Formed in 1874, league championship titles have failed to come the Lancashire club's way. They finished third in 1892, 1921 and 1925. They were last members of the 'big league' from 1978-80 and won the Second Division twice, in 1909 and 1978.

Lofthouse, named the 'Lion of Vienna' after his goal-scoring exploits for England against Austria, is Bolton's most famous son and after retiring, he returned to Burden Park for a managerial spell.

Northern Ireland international Jimmy McIlroy has also held the reins there for a time, while their present player-manager is John McGovern who picked up many honours with Nottingham Forest, including two European Cup medals in 1979 and 1980.

The Moyola club are to be congratulated in following up their contact with Bolton defender Gerry McElhinney in bringing the English club to Castledawson for this pipe-opener to the new season. It helps promote the game in the area and in conjunction with Tobermore United who played Brighton last Saturday at Fortwilliam, provides a boost to the status and ambitions of the Intermediate League in general.

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Bolton Wanderers Squad

JOHN PLATT (Goalkeeper). When Republic of Ireland 'keeper Jim McDonagh moved to Notts County, John McGovern turned to near neighbours Bury and signed up former Oldharn Athletic No. 1, John Platt. Born in Ashton, John had seven seasons at Boundary Park before his move to Bury.

SIMON FARNWORTH (Goalkeeper). Coached enthusiastically by Charlie Wright, Simon has been waiting in the wings for his first team break for a couple of seasons.

GERRY McELHINNEY (Defender). Signed from Distillery at the beginning of the 80/81 season, a former Gaelic footballer and amateur boxer, who made his debut for the Wanderers soon after signing. An aggressive, enthusiastic defender who just failed to make the Northern Ireland Cup squad.

RAY DEAKIN (Defender). A left full back who can also play in midfield, Ray joined the Wanderers in the summer of 1982 on a free transfer from Port Vale. Began his career with Everton.

NEIL BERRY (Defender). International Youth honours with Scotland launched Neil into what promises to be a first class career.

PETER VALENTINE (Defender). Peter exchanged places during the summer with former Wanderers' skipper Paul Jones who joined Huddersfield. Crossing the Pennines brought a fresh challenge to the promising young central defender.

BRIAN BORROWS (Defender/midfield). A regular full back berth at Everton in the First Division brought Brian to the attention of a number of clubs last season, Wanderers stepping in just before the transfer deadline, signing the Liverpool youngster for a modest fee. Eight appearances last season in Bolton colours were all in midfield showing the versatility of this promising young player.

JOHN MCGOVERN (Midfield). John was appointed Player/Manager in June '82. One of the games most respected players, he has won League Championship honours with Derby County and Nottingham Forest — whom he also led as captain to two European Cup and two Football League cup successes.

GRAHAM BELL (Midfield). Signed from Carlisle. He was previously with Oldham Athletic. Graham is a most reliable midfield player.

WARREN JOYCE (Midfield) Son of club coach Walter, the former Blackburn and Burnley defender, Warren got his chance in midfield last season. A county cricketer at colts level and a rugby union schoolboy tourist makes Warren an all round sportsman.

STEVE THOMPSON (Midfield) Three appearances all away from home, was Steve's taste of First Team action last year. Operates wide in Midfield but likes to home in on goal with his powerful shooting.

NEIL REDFEARN (Midfield) It was impossible to ignore Neil's talent last season and when John McGovern was looking for someone to slot into his own midfield position when he was injured, Neil got the job making his debut, still only 17, at Rotherham. Enthusiastic and packing a fierce shot, Neil made 10 first team appearances last season.

MARK CAME (Midfield). A centre-half signed from Winsford, the North West Counties side. This is Mark's first season as a professional.

JEFF CHANDLER (Striker) A livewire winger with an abundance of skill and control. Jeff cost Wanderers a modest £40,000 when he signed from Leeds United in October 1981. The Hammersmith born lad, who began his League career with Blackpool has won International recognition with the Republic of Ireland.



WAYNE FOSTER (Striker). A former local schoolboy, Foster came onto the Wanderers' scene in the 1981/82 season and commanded a regular place in the attack. Recognised at representative level he got his first England Youth cap in Scotland in a European Championship qualifier.

STEVE SAUNDERS (Striker). A cruel sequence of injuries robbed Steve of his chance of a first team place last season. But it won't be long before this livewire attacker makes his League bow.

SIMON RUDGE (Striker). Simon won the hearts of the Bolton fans with his terrier-like qualities last season. Three goals from 21 appearances in a side struggling for goals was enough to suggest that we'll see a lot more of this diminutive striker from Warrington.

TONY CALDWELL (Striker). Record breaking scoring feats in Non-League football meant Tony was sure to attract attention sooner or later from one of the North West League clubs. Bolton moved in and signed the self-employed electrician on a part-time professional terms from Horwich R.M.I.

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- A historical Insight

by IVOR HAWE

When Major Spencer Chichester founded Moyola Park Football Club as far back as 1880, no-one could have foreseen that not only would the club be immortalised in Irish footballing history but that 104 years later the Castledawson club would still be very much to the fore in local soccer.

Football had barely been introduced to Ireland when the fashionable Major was appointed the first President of the Irish Football Association, and in entering 'his' team in that first ever Irish Challenge Cup, secured immortality for Moyola Park as the first winners of the coveted trophy in 1881, when they defeated Cliftonville 1-0 in the final. International football reached these shores in 1882, and Moyola Park's victory in that first Irish Cup final ensured that players on that same side would certainly be considered for their country. Indeed four Moyola Park players earned 13 'caps' in Ireland shirts — William John Hueston and George Hewison each played twice for their country, the Castledawson side's captain William J. Morrow 3 times, and substitute Arthur Gausson no less than 6 times, the last being in 1889 against Wales. Morrow's appearances were perhaps most noteworthy of all, for it was he, who on St. Patrick's Day 1883 scored the goal which gave Ireland a 1-1 draw against Wales in Belfast. In doing so Morrow became a national hero for this was the first International in which Ireland were not defeated.

Unforeseen circumstances played a significant part in Moyola Park's demise after such a promising founding in the early 1900s. Only the mundane football of the South Derry League offered a respite from total obscurity, while for one season, 1929-30, the Club played in the Belfast based Minor

League. After World War II the Ballymena Junior League opened up new horizons in the Club's evolution, and indeed they took the league title in its first two seasons, 1948-49 and '49-50 and added to these successes in 1959-60 (jointly), 1973-74, 1976-77 and 1977-78.

Moyola Park's knack of capturing the public's imagination, and the history books, rose to glorious heights in 1972-73 and 1973-74 when the Club won the ultimate in junior soccer in consecutive years, the Irish Junior Challenge Cup. This ensured another place for Moyola Park in the record books when this trophy came to Castledawson two years running, the first club since World War I to achieve this feat.

Since stepping out of junior soccer in 1978 to become one of the founder members of the Northern Ireland Intermediate League, success has been limited. The only trophy brought back to Castledawson since then has been the North West Challenge Cup, won in 1981-82. Yet, as tonight's game against English League side Bolton Wanderers suggests, Moyola Park Football Club is very much alive and 'kicking' and once again is foremost in the thoughts of the Province's footballing public.

Editor's Note.

The writer donned the Moyola Park 'blue' on many occasions and recently took up the pen to write 'A Brief Chronicle of Moyola Park Football Club'. His more recent writings include 'Around Home Town' — a look at Castledawson down through the years and 'Street Scene' — a similarly informative look at South Derry's two leading centres of population, Magherafelt and Castledawson.

Tom Evans

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Intermediate Football

A VISION OF THE FUTURE ? :: By Raymond Loughrey

Two seasons ago when the Irish Football Association's Senior Club's Committee took the historic decision to broaden the scope of the Irish Football Association Challenge Cup, Intermediate grade clubs whose grounds and facilities were of a required standard were enabled to take part in a greatly expanded competition. The attention of the N.Ireland soccer public was caught by this innovation and clubs were given the incentive to raise their standards in order to play in 'the cup', the blue riband trophy of Irish football. This new opportunity for Intermediate grade clubs from the Irish League 'B' Division, Section I, the Northern Ireland Intermediate League and the Northern Amateur League alike has been greatly welcomed at club level. It is an improvement in local football which must be here to stay.

The inevitable question which must now be asked is, "Does progress for Intermediate football end here?" For the good of football in general and the intermediate clubs in particular let us hope that further progress can be made. I would contend that those in Intermediate football at the administrative level should not sit back contentedly until it is possible for all Intermediate grade clubs to participate in a single, properly structured, province-wide intermediate grade

league competition with a number of divisions and probably a certain amount of regionalization at the lower levels. In the three leagues already mentioned fifty-six clubs are currently competing. The Northern Amateur League is currently mooting a third intermediate grade section and a number of other clubs currently playing in junior football right across the province, from Fermanagh eastwards, aspire to playing at a higher level. With such a situation existing the rational approach would be a common league, with due deference being given to the current 'B' Division, Section I clubs.

As I see it in order to establish such a competition the following requirements would be needed:—

- (a) The goodwill of the existing league structures.
- (b) A desire by clubs to improve their standing. (If hockey and rugby clubs can participate in a province wide league why not intermediate grade soccer clubs?)
- (c) A sponsor to provide some initial motivation.

The well-being of football in Northern Ireland below Irish League level could depend on it. What do you think? Your comments would be welcomed.

Moyola Park F.C. Squad

TREVOR McNICHOLL — The club's senior player. He won two Irish Junior Cup winner's medals and has experience playing with Linfield, Ballyclare Comrades and Omagh Town. He is one of Intermediate football's most experienced 'keepers.

MARTIN CRAIG — A product of Moyola Park's youth policy, Martin has had a number of first team games and won Reserve Player of the Year 1982-83.

JIM SANDERSON — The big Enniskillen central defender won University international honours. A regular with Moyola Park since coming to live in Magherafelt.

RAYMOND BEATTY — Since coming to the Castledawson side mid-way through last season Raymond has played a prominent role at the centre of Moyola Park's defence. A former Tobermore United player, he won Intermediate League honours at Fortwilliam Park.

MURESH CHADA — A most accomplished defender, 'Kutchie', as he is popularly known, can play in all of the 'back four' positions and in mid-field. He hopes to return to form this season following prolonged injury last season.

TOMMY LAGAN — A young player who tackles hard and could well command a regular first berth this season.

WILBERT McKAY — Player-manager for the past two seasons, Wilbert has relinquished the manager post this season. He won Intermediate League honours with Tobermore United.

HAROLD LEACOCK — A strong finisher and a good dribbler, Harold has many of the qualities of a top-grade player.

AIDAN SHAW — A fast-running player, he returns to Moyola Park after a number of seasons with Magherafelt Sky Blues.

BILLY JOHNSTON — Another former youth team player, the Bellaghy man is the 'hard man' of Moyola Park's midfield.

ALEX RANKIN — Last season's Reserve Player of the Year, Alex played a number of first team games. He has the ability to gain a regular place this season.

OLIVER FIELDS — The diminutive Moneymore striker notched up 14 goals last season, the most spectacular being against Dundela in the Bass Irish Cup.

MELVYN TRAINOR — A natural winger, he has had two seasons at Coleraine. His father was in Northern Ireland's World Cup Squad in 1958.

DAVID WILSON — A fast-moving right-sided player with goal-scoring ability. He scored a number of goals last season.

PETER YOUNG — Derry minor G.A.A. star, he plays soccer equally well. A striker with goal-grabbing pace, he adapts equally well to a midfield role.

RICHARD WATTERS — A young player with a great deal of potential. Given more commitment Richy should hold a position with the Moyola Park first team this season.

GUEST PLAYERS:

JOHN SLOAN — One of the most respected players in the Irish League, John Sloan has been a loyal servant of Ballymena United for many years.

ALAN STEWART — 'Alfie' first caught Glentoran's attention when playing for Moyola Park. He has since gained two Youth International caps and commanded a regular place at the Oval.

JIM CLEARY — A regular with Glentoran for a number of seasons. Irish League Footballer of the Year, Season 1982/83. Two international caps. Member of the World Cup panel in Spain.

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Gerry McElhinney - The early Years

By : Terence McMacken

On 22nd January 1972, a fourteen year old named Gerry McElhinney made his debut in adult football when he turned out for Dungiven in a North West League match against Churchill United. Although the then manager of the Dungiven team, John Joe McMacken, realised that he had on his hands a player of great potential, he could scarcely have foreseen such a glittering future for the talented youngster.

Born in the village of Park, Gerry first displayed his ability at St. Patrick's and St. Brigid's Secondary School in Claudy. Here he was the supreme sportsman, playing gaelic, basketball and badminton as well as soccer, all to great effect.

It was really as a Gaelic footballer that Gerry first caught the imagination of the sporting public. Following trials with Glasgow Celtic and a short spell with Finn Harps, Gerry drifted back into junior football, and his G.A.A. career really blossomed. Stunning displays for Derry brought him an All-Star award and a trip to the U.S. with a team representing Ireland. On the soccer scene, Gerry was turning out for the junior teams around him, and had a short spell in the 'B' Division with Limavady United.

With the formation of the Northern Ireland Intermediate League in 1978, McElhinney was again back in the Dungiven colours. Marvelous displays in the heart of their

defence brought him once again to the attention of Irish League clubs, and he joined Distillery in 1979. The step-up into Irish League football was a straightforward one for Gerry, and it wasn't long until cross-channel clubs were showing interest. Bolton Wanderers signed him for £23,000, and the rest has been a real success story for the big defender. Outstanding recent displays for Northern Ireland have brought Gerry international recognition, and at 26 he is skipper and senior professional at Bolton.

The story is surely far from finished!

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Back to training - and it hurts!

By Jim Sanderson — Player-Coach and Hon. Secretary, Moyola Park F.C.
Adapted from an article by V. Grisogono, 'Sport and Leisure', Sports Council, 1984.

By now, most players will be preparing themselves for a long demanding season. Some will have been active in summer competitions and will be in reasonable condition while others will have taken it easy during the summer break and will need some work to get back into condition.

The aim of pre-season fitness training is to start gradual, progressive training in order to bring about improvement in the body's functioning while minimising the risk of injury during the season.

Fitness training in any sport should be as specifically related to that sport as is possible. It is no use, for example, doing steady-rate running five miles a day, if you want to be a top sprinter or an international winger.

Skill matters most, so if your time is limited, you should choose to practice your sport rather than to do fitness training. If you do have time for both, your training programme should work at the fitness elements most necessary for your sport. If on the other hand, you take exercise just to improve your general fitness, you should be aware of the component parts of that fitness, so that you can vary your activities effectively. If, for example, you do the same amount of the same activity every day, you will maintain your fitness but not improve. With different activities, however, you can avoid boredom, and you can also discover which aspect of your fitness you need to improve through progressive workloads.

Training to develop speed is a different matter. You have to work at a high intensity, which generally means working your muscles 'anaerobically', beyond the point at which they can receive and use oxygen comfortably from your heart and lungs.

The aim of anaerobic training is to get rid of the lactic acid which is the waste product of muscle metabolism, and gives you that heavy, sore feeling in your

muscles the day after hard training. If you can do this efficiently, then you can do more and harder exercise, which is where anaerobic—(high intensity stop-start) - exercise comes in, since it trains muscles to cope readily with the waste products produced by hard work.

A simple formula suggested by Dr. Craig Sharp (Physiologist), is to start with a 30-second work phase balanced by a 30-second rest phase. You do six bursts of high intensity exercise for the first session, and then add one extra interval of work at each subsequent session, until you are doing twelve 30-second work and rest bursts. You then increase the time-span to 35-seconds of work and rest, reverting to six exercises, and building up to twelve session by session. You then repeat the build-up from six to twelve bursts on a 40-second work-rest ratio, and then on a 45-second ratio. At this stage, it is considered to be the effective limit for anaerobic training.

If you want to improve anaerobic efficiency throughout your body's main muscle groups, you need to choose exercises which work each part of your body in turn, so that you balance leg exercises with upper-dorsal work etc..

The big problem is that you cannot get fit in a couple of days, or even a couple of weeks. You must persevere with the pain and appreciate the gradual improvement in your general fitness.

USEFUL TIPS:

1. You must stretch very carefully at the end of the session, to loosen out your muscles, and take a warm bath or shower as soon as you stop.
2. If your muscles are tight the next day you must stretch again.
3. You should not repeat the anaerobic session, or any exercise which works the tight muscles, until they have loosened out again. This may mean that you only work out twice a week to start with.

As anaerobic training is so taxing, you must remember the dangers of exercising if you feel unwell, have a raised temperature, or feel excessively fatigued. If in doubt, rest for a few days, until you feel well, and then re-start with a reduced interval session. Above all else — enjoy it!



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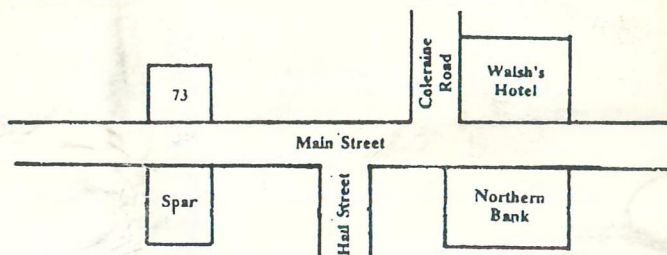
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